

Health, Beauty And The Home

Eating to Keep Warm

By Mrs. Christine Frederick.

The Distinguished Authority on Household Efficiency.

THE comparison of the body to a furnace or heating plant is a common one. It has often been pointed out that just as coal or wood is used to feed a stove, so the body needs food fuel of the right kind and amount to keep it in successful operation.

What does the body do with the food fuel shoveled into it, three times a day? The first thing is to keep the internal organs working. For instance, part of the energy from food keeps the heart muscle in its wonderful work of contracting every moment.

The second big work is for food to keep the body weight up to normal. If the person is an adult, or actually to build new body tissue if it is a child. The third task is to supply the wasted energy used by the body in voluntary muscular action, such as walking, talking and all kinds of mental and physical effort. And last of all, fuel is needed to enable us to resist the influence of the weather which tends to alter the body temperature.

All these reasons show why food fuel is so needed. And, naturally, one can then understand why more of the right kind of food is needed in winter than in warmer weather. Cold weather acts as a stimulant on the appetite. Also the colder the air taken into the lungs while breathing, the more heat is required to warm it as it passes through the lungs. In cold weather we may say that a normal person's appetite jumps 20 per cent.

Now, just as there are different grades of coal, so there are different grades of food. Light wood will not keep a furnace running so satisfactorily as large egg coal. So, too, watery vegetables and soups will not stoke the body as well as fatty meats and sugar in various forms. Fat can literally be burned

in the body and is therefore the pre-eminent winter fuel. This fat may be obtained either from meats, fish, butter, vegetable oil, nuts or other sources.

The point to remember is that far more fatty foods may safely be eaten in winter than at other seasons. Also frying, when done right, is a proper method of preparing many winter foods, because it furnishes the fat so necessary to bodily warmth.

Sugar is another food which is almost instantly absorbed into the blood and which quickly raises the body temperature. Soldiers on the march are frequently given a piece of chocolate, which consists of sugar and fat, to stimulate them. So the body can stand in winter more things, such as sweet puddings, doughnuts, cake and syrup than it could possibly utilize in warmer weather.

The woman who has the planning of meals must appreciate the importance of stoking up in winter. This is especially necessary if she has growing children or a husband doing muscular work. Breakfast should be made a more hearty meal. A hot cereal or fried mash with syrup, pancakes or creamed dried fish served in some of the many appetizing ways will furnish more starch, sugar and fat. Meat does not furnish heat, and it is a mistake to think the meat ration should be increased.

The feeding of children is of especial importance in winter, when they have the additional strain of school work as well as growth and cold, to contend against. Many mothers do not know that growing children need "bulk" foods in great quantity. For instance, boiled and steamed puddings, dumplings, etc., are excellent, because they fill up the stomach and give a feeling of satisfaction in addition to their food value. In other words, even though one egg or one chop gives as much nourishment as a large plate of dumplings, the latter is preferable for the growing child because of its staying qualities.

One of the best sugars, especially



Do Not Despair if You Suddenly Discover That Your Hair Seems Lifeless When You Run Your Fingers Through It.

Photograph Posed by MISS ARLINE CHASE at CAMPBELL STUDIO.

for children, and one that is approved by the Food Administration, is honey. This is the purest form of sweet known. A small quantity taken in the body would create a great heat, and it is most easily assimilated.

The housewife who raises the objection that butter is high in price, when the mention is made of the increased use of fats, should understand how many other fats are available. Wonderful progress has been made in the manufacture of nut butters.

Much more of the fat of meats may be saved by care in cooking. Never burn fat or cook

at too high a temperature. Many pieces of meat may be cooked in a paper bag in order to save both the juice and fat which would otherwise be wasted. The fat of soup strained and flavored with a little marjoram or sage, is delicious when added to vegetables. The fat of ham or any other fatty meat may be obtained by cutting in small pieces, placing in a pan and slowly cooking in the oven until the fat is rendered.

The true art of frying should be better understood. It means dropping the food into an inch or several inches of deep fat, heated to a high but not burning temperature.

Real frying is not done in a frying pan, but in a deep fry skillet or in a Scotch frying bowl, which is deep enough to allow even a large piece of food to be perfectly immersed in the hot fat. Never prick a piece of frying food with a fork, as this will permit the fat to seep in and cause the food to be soggy. All fried foods, such as crullers, croquettes, etc., should be dried on sheets of tissue paper, which will absorb the extra fat.

Do not forget to stoke your body furnace properly in winter. Use the right food coal and you will be sure of being warm and having energy and strength to resist the cold.

Your Hair's Good Health

By Lina Cavalieri.

The Most Famous Living Beauty.

ARE you in despair because your hair does not respond readily to the brush? Does it lie lifeless under your fingers, and has your once thick, beautiful mass of hair come out so rapidly that it is now so thin you can hardly do anything with it?

Do not be alarmed. That has happened to me too often to be frightened by it any more.

With this lifeless condition of the hair I have always found two corresponding conditions of the scalp. First, the scalp is usually hot and dry. Secondly, the nightly brushing reveals dandruff—light, fine and profuse. It is a condition that must be corrected.

The first step, then, in improving your hair health is to remove the dandruff. Hair cannot thrive when that fine, light powder lies upon the scalp, obstructing its pores and preventing its growth. If necessary wash the hair once a day for a week. After that once a week should do.

If your hair persistently continues to fall out it is probably due to the lowered state of your health. Any cause that depresses or lowers the tone of the body will immediately affect the health and glossiness of the hair. This is due to lack of sufficient circulation of the blood around the hair roots, which thus fail to receive their accustomed nutrition, with the result that the hair quickly shows a lack of vigor and vitality.

To overcome this you must make an effort to build up the hair health by gently massaging the scalp every night before you retire.

In fact, less brushing and more massaging is what is needed by all heads, especially those heads on which the hair is thinning too rapidly. This does not mean that I would omit the brushing entirely. By no means. The daily brushing the last thing at night is as necessary in keeping the hair clean and free from dust as it is to give your face its daily bath.

Whenever you can, it is well to give the hair a sun and air bath.

This is a wonderful tonic to dead and lusterless hair.

Let the hair rest as much as possible. Decline invitations or, if you have accepted them, cancel the engagements for a few weeks.

Whenever possible, remain in your boudoir with your hair loose and hanging. When it is necessary to be visible to the world do not put up your hair in the same old way, but wear it in a somewhat different fashion and use fewer hairpins.

To encourage the hair to grow a daily application of a good quinine mixture is a great aid. The best time to apply it is just before going to bed. Many of the quinine mixtures sold in the drug stores can be used with good effect, provided your chemist can guarantee the preparation as being absolutely pure. If that is not possible, then have the following prepared for your use: Alcohol (85 per cent), 4 ounces; quinine, 15 grains; castor oil, 1/4 ounce.

When your scalp feels hot it should be cooled by applications of cracked ice in an ice cap. A throbbing, feverish head is a grave menace to your hair. That is why it comes out so often after a long and lingering illness.

A well-kept head of hair does not merely happen. It is the result of fastidious care and attention.

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It is easy and inexpensive to have nice, soft hair and lots of it. Just get a small bottle of Knowlton's Danderine now—it costs but a few cents—all drug stores recommend it—apply a little as directed, and within ten minutes there will be an appearance of abundance, freshness, fluffiness and an incomparable gloss and lustre, and try as you will you can not find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp—Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, elastic and beautiful in just a few moments—a delightful surprise awaits everyone who tries this.

Some Tested Cooking Recipes

Fireless Cooker Angel Cake.

BEAT whites of 6 eggs until stiff. Add gradually 1/2 cup sugar and a pinch of salt. Then add 1/4 teaspoon vanilla and fold in gently 1/2 cup potato flour. Bake in fireless cooker about one hour.

Apple Slump.

WASH, pare, core and quarter 6 or 8 apples and turn into deep baking dish with 3 cups of water. Boil or bake in hot oven about 20 minutes. Add 1/4 cup sugar and 1/4 cup raisins and cover with a piece of short baking powder biscuit dough about 1/4-inch thick. Brush with a little syrup or molasses, cover and cook about 45 minutes. Then brown in hot oven.

Braised Knuckle of Veal.

WIPE off the thick part of the knuckle and saute it until a good brown color, in a little butterine or beef or bacon drippings. Then place it in an earthenware baking dish on a bed of vegetables. Any seasonable combination of vegetables may be used. Sliced onions, diagonally sliced onions and strips of carrot are especially good. Dredge the veal with salt and pepper and a bit of flour. A teaspoon of sugar may also be used. Half cover the meat with water, cover and cook very slowly about 2 1/2 hours. The thin part of the knuckle should be used for soup stock.

Oyster Chowder.

TRY out 4 ounces of fat salt pork over a slow fire. When fat is extracted, add 1 finely sliced onion and cook until onion is yellow and soft. Add 2 cups of boiling water and allow to simmer 20 minutes. Add 2 cups of sliced potatoes and cook until potatoes are done. Add 3 cups of scalded milk and 1 quart of oysters, and cook until oysters are plump and ruffle on the edge. Season to taste with salt and pepper.

Loganberry Sponge.

SOAK 1 1/2 tablespoons gelatine in 1/4 cup cold water. Dissolve in 1 cup boiling water; add 1 tablespoon sugar and 1/2 cup loganberry juice. The flavor is improved by adding 1 1/2 tablespoons of lemon juice. Turn into a cold mold, chill and when mixture begins to stiffen, beat vigorously with eggbeater until light and creamy. Chill again and serve with plain or whipped cream.

Cream Dressing for Fruit Salads.

IN the top of a double boiler mix 2 egg yolks with 1/2 teaspoon salt, dash of cayenne, 1/4 teaspoon mustard and 1 tablespoon granulated sugar. Add 4 tablespoons tarragon vinegar and cook over hot (not boiling) water until thick. Then add 2 tablespoons butter, a little at a time, until all is in. Cool and fold in 3/4 cup sweet or sour whipped cream just before serving.

Baked Crumb Souffle.

SOAK 1/2 cup stale bread crumbs in 1 cup milk until soft. Beat 4 egg yolks until very light and lemon colored and add 1 1/4 tea-

spoons salt, a dash of pepper and the softened crumbs. Fold into this mixture the stiffly beaten whites of 4 eggs. Turn into a well-greased baking dish and bake in a moderate oven.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Stewed Fruit Cereal, Graham Muffins, Coffee.	Breakfast Oranges, Salt Mackerel, Potatoes, Coffee.	Breakfast Cereal, Sliced Bananas, Quick Omelet, Muffins, Coffee.	Breakfast Prunes, Oatmeal, Muffins, Coffee.	Breakfast Grapefruit, Poached Eggs on Toast, Coffee.	Breakfast Bananas, Cereal, Codfish Cakes, Rice Muffins, Coffee.	Breakfast Baked Apples, Oatmeal, Muffins, Coffee.
Luncheon Emergency Soup, Italian Spaghetti, Lettuce Salad, Tea.	Luncheon Beef Loaf, Baked Potatoes, Stewed Tomatoes, Gingerbread, Tea.	Luncheon Italian Bean Soup, Bread Sticks, Jelly Salad, Tea.	Luncheon Spinach Soup, Salmon Timbales, Tea Biscuits, Fruit Jelly.	Luncheon Asparagus au Gratin, Lettuce Salad, French Dressing, Popovers, Tea.	Luncheon Boston Baked Beans, Brown Bread, Pickles, Apple Pie.	Luncheon Beef in Casserole, Potatoes, Glazed Onions, Rice Pudding, Coffee.
Dinner Beef Loaf, Potatoes, Buttered Onions, Cabbage Salad, Steamed Pudding, Hard Sauce, Coffee.	Dinner Onion Soup, Roast Pork, Mashed Potatoes, Buttered Beets, Small Cakes, Coffee.	Dinner Baked Fish, Potatoes, Spinach, Dutch Apple Cake, Coffee.	Dinner Pot Roast of Lamb, Mashed Potatoes, Asparagus, Loganberry Shortcake, Coffee.	Dinner Oyster Stew, Oyster Crackers, Fruit Salad, Coffee.	Dinner Clear Soup, Croquettes, Tomato Sauce, Bread Pudding, Creamy Sauce.	Dinner Scalloped Oysters, Pineapple Salad, Biscuits, Cookies.

Sunday American-Examiner Patterns

A SIMPLE NIGHT DRESS (2648). The pattern is cut in 4 sizes: Small, 32-34; medium, 36-38; large, 40-42; and extra large, 44-46 inches bust measure. Size medium will require 4 1/2 yards of 36-inch material.

A SIMPLE, PRACTICAL UNDERGARMENT (2563). The pattern is cut in 4 sizes: Small, 32-34; medium, 36-38; large, 40-42; and extra large, 44-46 inches bust measure. Size medium requires 2 1/2 yards of 36-inch material.

A SMART NEGLIGEE (2728). Cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. Size 38 requires 4 yards of 36-inch material.

AN UP-TO-DATE UNDERGARMENT (2713). Cut in 4 sizes: Small, 32-34; medium, 36-38; large, 40-42; and extra large, 44-46 inches bust measure. Size medium will require 2 1/2 yards of 36-inch material.

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